



Gear list
Woodstock School's GAP Semester in the Himalaya
HANIFL CENTRE
WOODSTOCK SCHOOL
MUSSOORIE • UTTARAKHAND • 248179 • INDIA

Woodstock can provide the following gear for the duration of the semester, but we recommend that you bring these items if you own them.

Backpack	Sleeping bag	Compression stuff sack
Foam -sleeping pad	Foam pad stuff sack	Gaiters for hiking boots

Gear that you must bring:

Sturdy hiking boots. Preferably all leather upper as it provides better ankle support. If you do not own a pair yet, it is advisable that you buy one soon and wear it often so that your feet get used to them. This will help prevent blisters on the course.

Tennis shoes/Sneakers/running shoes: 1 pair. For daily wear. You will also need this as an alternative to your hiking boots.

Sandals/slippers: A pair of closed toe sandals will be optimal, as it can be worn in different conditions and terrain.

Wool socks. 4 -5 pairs. Preferably thick wool socks.

Nylon socks. 2-3 pairs. These are the type that you wear daily. It is worn under the wool socks to prevent blisters. Will be mostly used on the trekking parts of the semester

Cotton socks: 3-4 pairs for daily use.

Nylon hiking shorts. 1 pair. Nylon is preferred over cotton as it dries faster.

Track suit pants: 1 pair. These are good for daily use and can also be worn on the trek.

Thermal underwear bottoms. 2 pair. This will be your first layer, over which you can wear your shorts or fleece pants.

Fleece pants: 1 pair.

Rain /wind pant: A gore-tex pant will work for rain and wind protection as well.

Underwear. 4-5 changes or as needed.

Cotton T-shirt: 3-4 pairs for daily use. Cotton does not keep you warm but is comfortable on sunny days.
(Woodstock T shirts available for sale)

Thermal underwear top: On cold days, this will be worn as your first layer. Over this you can wear a cotton T shirt or pile jacket or vest, depending on how cold it gets.

Fleece Jacket: If you are going to buy it, then we recommend one that comes with "Wind stopper" material.

Fleece Vest: If you are going to buy it, then we recommend one that comes with "Wind stopper" material.

Rain /wind jacket: A gore-tex jacket will work for rain and wind protection as well.

Cotton shirt/Blouse: 2 pairs. For travel days or semi formal occasions

Cotton skirt / pants: 2 pairs for travel days or semi formal occasions

Wool/fleece gloves. 1 pair
Fleece hat / Wool hat: 1 pair

Wool/fleece mittens: 1 pair
Wool scarf/neck warmer: 1 pair

Sun glasses. With a retainer.

Sun protection lotion. Minimum 32 oz

Lip balm (chap stick). 3 sticks minimum.

Sun block: Zinc oxide

Bandana: At least 2.

Cup. An insulated cup with lid is a great option. If not, a sturdy plastic cup will work well.

Bowl & spoon. Preferably sturdy plastic. Steel will be fine. Remember it is heavier than plastic. We recommend a bowl to eat out of rather than a plate, as the food does not spill easily. Tupperware bowls with a lid work best.

Water bottle. Two x 1 liter capacity.

Water treatment: We will provide water treatment tablets. However, you could bring a “Steri Pen” or similar water treatment devices.

Head lamp. A headlamp is a must as it leaves your hands free to do other work. Please bring extra batteries.

Pocket knife. A basic model will suffice.

Candle. Preferably the ones that are at least half inch thick. 2-3 will suffice.

Toilet articles. Tooth brush, tooth paste, soap, body lotion etc, etc...

Towel: While we will provide towels at Woodstock, some other locations may not have clean towels.

Travel first aid kit: A basic supply of Band-aid, Tums, Tylenol, Ibuprofen etc.

Wrist watch. One with an alarm and light helps!

Notebook, pen/pencil:

Camera: Extra batteries and an extra memory card are highly recommended.

Day pack/small back pack: For daily use and especially during travel.

Trekking Poles: This is an optional item Some folks seem to enjoy having them as it helps ease the strain of walking downhill.

Duffle bag: While not necessary, it makes for a good way to pack all your gear for airline travel and also local transportation in India.